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2nd World Congress on
Physical Medicine and Rehabilitation

2nd International Congress on
Psychology & Behavioral Sciences

2nd Global Summit on
Heart and Cardiovascular Care

12-13 JUNE 2025

LONDON, UK

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Thank You All

WELCOME MESSAGE

Ivannys Alexka Cappas Perez
Pontifical Catholic University of Puerto Rico
USA

Welcome to the 2nd International Congress on Psychology & Behavioral Sciences

2025 in London!

On behalf of the organizing committee, I am honored to welcome you to this distinguished event taking place on June 12–13, 2025, in the vibrant city of London, United Kingdom. The International Congress on Psychology & Behavioral Sciences offers a unique space for the exchange of innovative research, clinical insights, and global perspectives across a wide array of psychological and behavioral disciplines.

London, known for its rich academic tradition and multicultural atmosphere, provides the perfect setting for fostering dialogue, critical thinking, and collaboration in our shared field. Over the course of two days, participants will engage in presentations, panel discussions, and networking sessions addressing topics such as mental health, cognitive and emotional development, neuropsychology, behavioral interventions, and sociocultural dynamics.

This congress brings together a diverse community of scholars, practitioners, and students committed to advancing evidence-based practices and psychological theory. Whether you are a seasoned professional or emerging researcher, this event is designed to deepen our collective understanding and expand the impact of psychology in diverse contexts.

I am proud to be part of this global effort and look forward to meaningful exchanges, new partnerships, and renewed inspiration as we continue our work toward wellbeing, justice, and mental health equity.

Welcome to London, and may this congress enrich your academic journey, enhance your practice, and strengthen our global community of psychological science.

DAY- 01

KEYNOTE PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Andrea Dincher

Saarland University
Germany

Effects of exercise therapy on motor functions in Huntington's Disease

Abstract:

Introduction: Some studies suggest that exercise can improve fitness and motor impairment in these patients, but relatively little is known (Quinn, 2016). This meta-analysis therefore aims to show whether there are indeed effects of exercise on motor function in Huntington's disease.

Methods: PRISMA-guidelines (Page et al., 2021) are followed. Sources: PEDro, PubMed, Web of Science, Scopus. Search terms: Exercise OR exercise therapy OR physical therapy OR rehabilitation AND Huntington's disease. Inclusion criteria: experimental studies, exercise therapy, Huntington's disease, publication between 1990 and 2024, human participants. Methodological quality: PEDro score (Verhagen et al., 1998). Studies with a score ≥ 5 are included into meta-analysis. Standardized mean differences with 95 % confidence intervals (SMD <.30 = low, >.50 = medium, >.80 = strong) are shown in forest plots (Verhagen, & Ferreira, 2014) using RevMan 5.4 software (The Cochrane Collaboration, 2020).

Results: Of a total of 4833 publications, 12 studies met the criteria and were methodologically analyzed. Seven studies achieved the required score of ≥ 5. All effects are in the low and medium range. Highest reach -3.03 and 4.34 (motor learning variables, favoring experimental group). UHDRS motor scale, gait speed, BBS and PPT show low effects favoring control group.

Conclusions: Only a few studies achieved at least average methodological quality. Various exercise interventions with different durations and intensities apparently show similar effects sizes. Even if some effects are in favor of the control group, it should be noted that the groups were partly unequal at baseline. Further research with high-quality designs is needed.

Biography

Andrea Dincher, began studying sports science at the age of 33 and received her PhD in this subject 7 years later. She is currently working on her habilitation. In addition to research in neurological rehabilitation, she also focuses on motor development and developmental disorders in childhood. For over 25 years, she has been a trainer in sports clubs for children's gymnastics, girls' apparatus gymnastics, long-distance running for children, senior sports, as well as obesity, orthopaedic and cardiac rehabilitation. She is honorary president of the German Sports Teachers' Association in the Saar region

DAY- 01

ORAL PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Ivannys A Cappas Perez

Pontifical Catholic University of Puerto Rico
USA

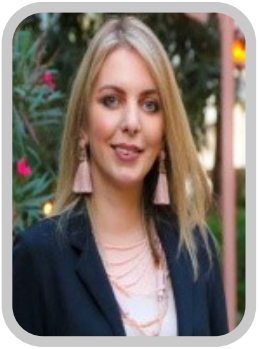
Affective ambivalence in informal caregivers in the face of loss and grief processes

Abstract:

Worldwide, the population of older adults is increasing. The World Health Organization (2022) estimates that it will double by 2050. Informal caregivers of older adults may experience contradictory impulses, overload, and multiple losses before the death of the older adult in their care. The purpose of this research was to identify and describe the affective ambivalence in informal caregivers of older adults in the face of loss and grief processes. The dimensions under study were: affective ambivalence, informal caregivers of older adults, loss processes and the grieving process. A qualitative approach methodology and an empirical phenomenological design were used to describe and understand what they have in common according to their experiences. Clark Moustakas' Multi angulation Model was used to describe, categorize and interpret through intentionality, temporality and intersubjectivity. Among the findings was the feminization of the role. Affective ambivalence is manifested through emotions, feelings, thoughts and behavior, including non-verbal language. The assumption of the role is highly influenced by an affective and moral factor, where a minimum of 35 hours per week are invested in caregiving without having training to perform the role. The tasks involve a great physical and emotional commitment, with little family and financial support. It was found that the participants experience objective and subjective overload to different degrees, but with similarity in the nature of the tension. Furthermore, as a consequence of the role, they experienced loss of life, loss of aspects of themselves, loss of objects, emotional losses, and losses linked to development. On the other hand, up to two types of grief were found simultaneously. Finally, the presence of affective ambivalence was found with the same intensity 13 years after the loss of the older adult under care.

Biography

Ivannys A Cappas Perez, is from Puerto Rico. She is doctor in Clinical Psychology, obtained her doctoral degree in Psychology with a specialty in Clinical Psychology in 2023, from the Pontifical Catholic University of Puerto Rico, Ponce Campus. Furthermore, she has a bachelor degree from the same institution in Criminologist and Sociologist. She has a master's degree in Criminal Justice. Additionally, she has vast experience in caregivers of the older adults population. Her research has generated interest worldwide and has been presented in multiple countries.



Kamala Aliyeva

Khazar University Psychology department
Azerbaijan

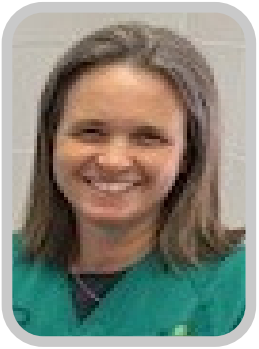
Understanding emotions and developing empathy skills in autism spectrum disorder

Abstract:

This article presents a unique discussion on methods used to develop emotional understanding and empathy in individuals with Autism Spectrum Disorder. In neurotypical development, there are various pathways and tools available. However, the learning process for children and adolescents with Autism Spectrum Disorder is different, necessitating distinct methods. The most researched literature, including the theory of mind has been reviewed to gather information from various sources. This tools and methods have been designed considering all characteristics of Autism Spectrum Disorder. The article classifies primary emotions, derivative emotions, the role of empathy in emotional intelligence, types of empathy, and includes questions to consider during the learning and application process, along with guidelines for working with individuals with Autism Spectrum Disorder. These approaches emphasize the strengths of individuals with Autism Spectrum Disorder. It outlines the prerequisites necessary for teaching emotions and empathy skills, their developmental timelines, and teaching strategies. Currently, these methods are regularly updated to address behavioral issues and promote integration into society.

Biography

Kamala Aliyeva, is a PHD student at the Khazar University. She is working at the Khazar University as a instructer She is also working at the rehabilitation center as a psychologist. She has publshed more than 10 papers in reputed journals and has been speaker in some international conference



Carolina Aranda Rodriguez

Hospital Dr Negrin
Spain

Study of the use of botulinum toxin for chronic tension-type headache

Abstract:

Introduction: Tension headache is the most common form of headache and has a major socio- economic impact. Chronic tension headache is defined as a headache occurring more than 15 days per month or more than 180 days per year. It has been argued that tension headache is due to a sustained contraction of the perincranial musculature, although the pathophysiological mechanisms are complex and there is some controversy as to its origin. Among the treatments described are non-pharmacological (physical exercise, rehabilitation), pharmacological (analgesics, anti-inflammatory drugs, antidepressants), and botulinum toxin injections. Botulinum toxin is a neurotoxin that irreversibly blocks the release of acetylcholine from the presynaptic termination of the cholinergic nerve and has demonstrated an analgesic effect in tension headache.

Objective: The aim of the study is to evaluate the effectiveness of botulinum toxin type A infiltration in relieving pain and improving quality of life in patients with tension headache, by means of a prospective quasi-experimental study in the rehabilitation service of the Hospital Dr Negrin, between April 2024 and April 2025, comparing two different doses, 100 and 200 units.

Material and Methods: This is a prospective quasi-experimental study in the rehabilitation service of the Hospital Dr Negrin, between April 2024 and April 2025, in which we included 18 patients diagnosed with chronic tension headache, comparing two different doses of toxin, 100 and 200 units respectively, in two groups. We assessed sex, age, VAS, frequency, concomitant symptoms, medication required and quality of life scale using the HIT - 6 questionnaire and compared results after puncture at 3 and 6 months. We compared the two groups infiltrating different amounts (100 and 200 U) and number of muscles. In the first group, masseter, splenius and temporalis muscles were infiltrated, and in the second group, occipital, corru-

gator, splenius and trapezius muscles were added. The main objective of the study is to check the efficacy of incobotulinum toxin A at 3 months and to assess the time of efficacy if it exists. The secondary objectives are to assess the frequency of onset, accompanying symptoms and quality of life of the patient according to a questionnaire.

Conclusion: The study is pending statistical results.

Biography

Carolina Aranda, was a doctor specialising in rehabilitation, working since 2002 at the Hospital Dr. NEgrin.Specialist in musculoskeletal pathology (I was part of the chronic pain unit for 15 years as part of a multidisciplinary team), in lymphoedema and pelvic floor pathology. She performs interventional rehabilitation once a week.

Maria Consuelo

Negrin Hospital
Spain

Comparison of the effectiveness of radial shock waves vs platelet-rich plasma in rhizarthrosis

Abstract:

Introduction: Rhizarthrosis is a chronic degenerative hand disease of the trapeziometacarpal joint (TMC), affecting the first finger, causing disability and dependence. Characterised by wear and tear of the articular cartilage that allows gliding between the two bones and cushioning of the joint, degenerative osteoarthritis causes limited mobility and pain with consequent consumption of resources. Radial shock waves have shown evidence in calcific tendinitis, plantar fascitis and subacromial tendinitis due to the biological effect they produce with consequent extracellular cavitations, diffusion of free radicals, intercellular reactions, and molecular changes, which result in biological changes in the tissue.

Aim: To evaluate the effects of the application of oral shock waves (OCE) compared to intrarticular infiltration of platelet-rich plasma (PRP) in patients with moderate severe rhizarthrosis.

Method: This is a prospective, randomised study which will include patients attending rehabilitation clinics referred from primary care in the northern area of Gran Canaria, of both sexes over 40 years of age, with rhizarthrosis above grade II on the Kellgren- Lawrence scale and on the Eaton scale. Patients will be randomly divided into two groups: one group will be treated with OCE (radial pressure waves) at an intensity of 1 mmJ/mm2, in the TMC joint, in a total of 4 sessions spread over 4 weeks, one per week and the other group with infiltrations in the TMC joint under ultrasound control, in a number of three, of 1ml of PRP (platelet-rich plasma) each syringe, one infiltration per week for 3 weeks. They must also not suffer from infection at the site to be applied, nor systemic infection at the time of application, and must not have previously received any type of treatment on the hand. They will be assessed at baseline with a VAS (visual analogue pain scale), a Q-DASH questionnaire, at 6 months and at 10 months.

Rhizarthrosis is a primary arthritis of idiopathic cause that affects 10% of the adult population, mainly women between 40-45 years of age, the prevalence of this symptomatic disease is

6-8% of the population, it is the cause of osteoarthritis in the hand that causes most functional limitation. Diagnosis consists of a clinical history with anamnesis and physical examination, and radiography helps to typify the evolutionary stage.

Clinically, these patients suffer from pain and functional limitation, which translates into an impairment in daily activities such as opening a jar, screwing, opening a door, turning keys, cutting with a knife, holding a cauldron, etc. This has a great impact on their work due to the great incapacity it generates.

Biography

I have a degree in Medicine and Surgery from the ULPGC and am a specialist in Physical Medicine and Rehabilitation. Specialised in the locomotor system, at the International Centre of Excellence for Arthrosis of the Centre Hospitalier Universitaire de Nancy, France since 2007. Arthrosis and joint pathology, at the Centre d'Excellence International d'Arthrosis du Centre Hospitalier Universitaire de Nancy, France since 2007. His national and regional work includes shockwave treatment of calcific tendinitis of the shoulder, plantar fasciitis, epicondylitis, trochanteric bursitis. He has international experience in partial rotator cuff rupture and PRP treatment of the ischial joint tendon.He performs ultrasound-guided interventional procedures in his regular hospital practice for the treatment of pain. She specialises in vestibular rehabilitation at the Antolí Candela Clinic in Madrid, and has been responsible for the implementation of the vestibular rehabilitation unit at the HUDGC since 2008. Experimentation in this field has allowed me to tackle the multidisciplinary study of vertigo and dizziness, its assessment, diagnosis and treatment based on functional rehabilitation and frequent vestibular pathologies in different places in Spain, such as the Fundación Hospital de Alcorcón, Hospital de la Fe in Valencia and Seville, among others.

Ivannys Alexka Cappas Perez

Castaner General Hospital, Puerto Rico
USA

Community-Centered mental health solutions: A replicable navigator and mobile unit model for structurally disadvantaged regions

Abstract:

Globally, rural and structurally disadvantaged communities face persistent barriers to accessing timely, equitable, and culturally responsive mental health care. Geographic isolation, stigma, provider shortages, and socioeconomic disparities contribute to service gaps that remain unaddressed by conventional healthcare models. In response, Castaner General Hospital in Puerto Rico implemented a two-pronged initiative integrating Community Behavioral Health Navigators and a Mobile Mental Health Unit to deliver accessible and sustainable psychological care. The program trains trusted community members and peer leaders to serve as behavioral health navigators, equipping them to identify early signs of distress, offer psychoeducation, reduce stigma, and facilitate linkage to clinical services. Operating in tandem, the mobile unit provides on-site psychological evaluations, brief interventions, crisis support, and coordinated referrals to higher levels of care, directly within rural communities. Preliminary outcomes from Puerto Rico indicate improved service access, community engagement, treatment adherence, and a measurable reduction in mental health stigma. This initiative offers a cost-effective, adaptable model grounded in principles of community empowerment, social justice, and interdisciplinary collaboration. This presentation will outline the conceptual framework, training and implementation strategy, and early impact of the program. It will also explore its relevance and adaptability across global settings facing similar systemic challenges in mental health care delivery. By centering community voices and bridging clinical gaps, this model provides a replicable blueprint for achieving mental health equity in underserved populations—advancing the field through innovation and inclusive practice.

Biography

Ivannys Alexka Cappas Perez, is a clinical psychologist at Castaner General Hospital in Puerto Rico, where she leads the psychological services of the Mobile Mental Health Unit. Her work focuses on equity, innovation, and strengthening psychological care in rural communities, integrating local leadership with clinical practice to expand access to services in remote areas. In 2024, she was awarded the First Accessit in the Professional Caregiver category at the 10th edition of the supercuidadores Awards, presided over by Their Majesties the King and Queen of Spain.

Gurtej K Dhoot

University of London
UK

Complexity of angiogenesis during myocardial ischaemia

Abstract:

One of the key problems of heart disease is the failure to restore rapid revascularisation following coronary artery blockage leading to cardiomyocyte cell death resulting in reduced pumping capacity although surgical interventions have provided considerable help. Part of this problem may arise from considering all endothelial cell responses to be similar in different tissue settings irrespective of the host tissue type characteristics. Use of generic endothelial cell lines or easily available primary endothelial cells to characterise angiogenic cell responses will not be identical in all tissue types. This certainly would not apply to highly specialised tissues like the cardiac muscle that loses its ability to proliferate or regenerate during late fetal or early neonatal development. Unlike many other tissues like angiogenic responses during dermal tissue repair, VEGF supply alone fails to trigger angiogenesis during ischaemic myocardial events. This study will describe why angiogenesis in adult ischaemic myocardium is much more complex than simply upregulating a single VEGF signalling component. Furthermore, this study will highlight how the highly dynamic and dysregulated balance of selective VEGF inhibitors and enhancers contributing to this problem may be used to overcome the problem of revascularisation of ischaemic myocardium to restore function.

Biography

My initial training in muscle specialisation began in the laboratories of professor S V Perry and Prof Philip Gell using biochemical and immunochemical approaches at the University of Birmingham that later included molecular biology approaches for application to embryonic muscles. Unlike some myosins and troponin C, these studies identified troponin I and troponin T to be cardiac muscle type specific that are now routinely used to assess cardiac muscle damage in the clinic. My later study as a Fulbright scholar at the university of Pennsylvania during a sabbatical break identified a key novel enzyme important in cell signalling. The present study takes advantage of both these approaches to determine why it has been so difficult to trigger angiogenesis in ischaemic myocardium.

DAY- 01

KEYNOTE PRESENTATIONS

12-13,
JUNE 2025

LONDON, UK

Laura Elin Pigott

London South Bank University
United Kingdom

The neuroscience of rehabilitation from everyday life to injury

Abstract:

From picking up your morning coffee to relearning to walk after a stroke, neuroscience is a crucial component of rehabilitation, encompassing the journey from minor everyday challenges to the recovery from significant injuries. Advances in neuroscience have provided profound insights into how the brain and nervous system adapt, recover, and reorganize in response to injury, as well as how they manage the subtle stresses of daily life. This keynote will explore the dynamic processes of neural plasticity, motor learning, and cognitive adaptation that underlie the rehabilitation principles used today. We will examine the mechanisms by which the brain repairs and reconfigures itself after injury, including the roles of neurogenesis, synaptic plasticity, and functional reorganization. Understanding these processes not only informs clinical strategies but also offers hope for improving outcomes in patients with a wide range of conditions, from stroke to chronic pain. Additionally, the talk will address how the brain's natural resilience is engaged in the rehabilitation process during everyday life activities. This includes how habits are formed and reformed, how stress impacts recovery, and the importance of cognitive and physical exercise in maintaining neural health. Based on current research, this keynote will highlight the practical applications of neuroscience in rehabilitation. The discussion will bridge the gap between theoretical neuroscience principals and the popularized notions of neuroscience, providing attendees with actionable insights to the practice of neurorehabilitation.

Biography

Laura Elin Pigott, is a Senior Lecturer and Researcher in neurosciences and neurorehabilitation. She is also course director for two courses at London South bank University and has a wide range of research interest within the field of neuroscience, spanning from the clinical to the cognitive.

DAY- 01

POSTER PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Wuman Hong

University Sains Malaysia
Malaysia

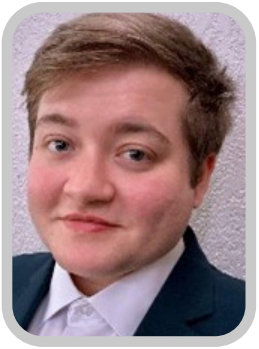
The dual effects of communication styles on youth psychological load and Well-being

Abstract:

The development of the Internet has popularized online communication among youth, which, while increasing convenience, may lead to poor interpersonal interactions and increased psychological stress due to the lack of non-verbal messaging. This study investigated the relationship between communication styles, psychological load, and well-being in 384 youth aged 18-25. The results showed that of the four communication styles, online text communication, voice chat, telephone and face-to-face communication (including video call), the largest number of participants, 299 (77.86%), chose online text communication. The chi-square test showed that the mode of communication was significantly correlated with psychological load ($p < .001$), with 166 (55.52%) of the participants who chose online text-based communication exhibiting moderate or severe psychological load. Further analysis using emotion regulation style as a criterion variable for psychological load revealed that the highest percentage of the four communication modes that used inhibition or avoidance for emotion regulation was among the participants who opted for online text communication. Meanwhile, analysis of variance (ANOVA) showed that both psychological load and emotional regulation were significantly associated with well-being ($p < .001$). Based on this, in the survey of the reasons for choosing online text communication, the main reasons included "reducing the mental energy consumption of human interaction" and "preferring to be alone". Therefore, encouraging forms of interaction that are more information-rich and emotionally expressive is important for reducing psychological load and enhancing psychological well-being in youth groups, which also informs the construction of healthier digital communication.

Biography

Wuman Hong, is a psychological counselor who is currently pursuing a doctoral degree at Sains Malaysia with a research area of Educational Psychology & Counselling. She serves as a reviewer for several reputable journals and has been involved in education related to mental health.



Veronya Bedford

Independent
USA

Gender-Affirming interventions and mental health outcomes

Abstract:

This research proposal addresses the scarcity of comparative studies on the effects of gender-affirming interventions on mental health among transgender and nonbinary individuals. Through a longitudinal design, it aims to examine how hormone therapy, gender-affirming surgery, and social transition impact depression and anxiety symptoms. The proposal integrates insights from existing literature, highlighting the mental health challenges faced by transgender and nonbinary individuals and the potential benefits of gender-affirming care. Anticipated findings may offer tailored interventions to enhance well-being, with hormone therapy expected to yield significant effects. Ethical considerations, including informed consent and Institutional Review Board approval, are central to the study's design. While limitations such as sample constraints and reliance on self-report measures exist, future research avenues could explore randomized trials and qualitative approaches for a deeper understanding. Ultimately, this research contributes to the broader goal of improving support and mental health outcomes for transgender and nonbinary individuals undergoing gender-affirming care.

Biography

Veronya Bedford, holds a Master's of Science in Psychology and works as a Behavior Technician. He is passionate about health psychology, psychopathology, and LGBTQ+ advocacy, aspiring to advance these fields through research and clinical practice. With a focus on improving mental health outcomes, treatment adherence, and addressing challenges faced by LGBTQ+ communities, he combines academic training with professional experience to tackle complex psychological and societal issues. Committed to fostering inclusive, compassionate care, he aims to drive research and interventions that support equitable mental health and well-being for diverse populations.

Luis Eduardo dos Santos

Universiade Nove de Julho
Brazil

Analysis of the frequency bands of the electromyographic signal during resistance training of the biceps brachii muscle with low versus high loads

Abstract:

Objective: This study analyzed the behavior of electromyographic (EMG) signal frequency bands during resistance training using low versus high loads.

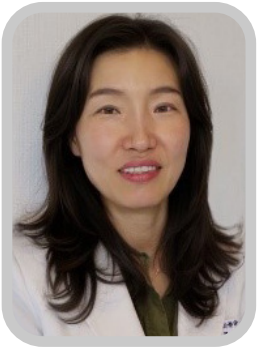
Methods: A randomized, blinded, prospective study was conducted with 16 healthy, sedentary participants aged 20–40 years. Each participant completed a unique training protocol for each biceps brachii (BB) muscle, randomly assigned: Training A utilized 40% of the maximal load, while Training B employed 70%. The primary outcome was the post-training behavior of EMG signal frequency bands, with secondary outcomes evaluating muscle strength and hypertrophy. EMG data were recorded from the biceps brachii at four levels of force output (20%, 40%, 60%, and 80% of maximal voluntary contraction [MVC]) before and after a hypertrophy-oriented training program. Signal analysis employed the Fast Fourier Transform (FFT) with a Hamming window, 50% overlap, and 1024 points. The resulting power spectrum was categorized into six frequency bands: 5–13 Hz, 13–30 Hz, 30–60 Hz, 60–100 Hz, 100–200 Hz, and 200–300 Hz.

Results: Multivariate analysis revealed significant interactions for Training versus Frequency Band ($F = 104.63$, $P < 0.0001$, Eta = 0.41) and for Training versus Groups versus Frequency Band ($F = 3.34$, $P = 0.005$, Eta = 0.02). Both low-load (40% 1RM) and high-load (70% 1RM) resistance training increased power in the 13–30 Hz frequency band while reducing power in the 60–100 Hz and 100–200 Hz ranges.

Conclusions: Resistance training with 40% and 70% of 1RM alters EMG signal frequency characteristics in the biceps brachii, increasing power in the 13–30 Hz band and decreasing power in the 60–100 Hz and 100–200 Hz bands. These findings contribute to understanding neuromuscular adaptations during resistance training.

Biography

Luis Eduardo, is a PhD student and holds a Master's degree in Rehabilitation Sciences from UNINOVE. He specializes in spinal physiotherapy (Santa Casa de São Paulo) and has degrees in Physiotherapy (UNINOVE) and Physical Education (PUCRS). His research focuses on biomechanics, signal analysis, hospital-based physical education, gerontology, and aging, with publications on muscle architecture, exercise, biofeedback, and biomechanics. Additionally, he is a high-performance trainer in combat sports and rugby. Luis is an active member of the Brazilian Society of Biomechanics and the Brazilian Society for Pain Studies, combining academic expertise with practical experience in sports and rehabilitation.



Rooji Lee

Chonnam National University Hwasun Hospital
Republic of Korea

Regional differences in the characteristics of the centenarians and near-centenarians in Korea

Abstract:

This study aims to compare the health-related characteristics of centenarians living in urban, suburban, and rural areas of Korea. A total of 228 centenarians (aged 95 or older) from Gwangju (urban), Hwasun (suburban), and Gurye, Gokseong, Sunchang, and Damyang (rural) were included. Data on sociodemographic characteristics, chronic diseases, physical, mental, and cognitive functions, and activities of daily living (ADLs) were collected through semi-structured interviews. The centenarians living in urban areas had higher weights and BMIs than those in the other groups, although both were within the normal range. In physical activities, the suburban and rural groups had a longer time and wider range of activities compared to their urban counterparts. Additionally, suburban centenarians showed better performance in 2 activities of daily living (ADL) items (personal hygiene and dressing), but performed less well in 1 item (using the phone). The urban group had an average of 2.8 chronic diseases, which was higher than the other groups. Self rated health status, the Geriatric Depression Scale and cognitive function showed no significant differences. The results show that centenarians living in suburban and rural areas are more physically active and have fewer chronic diseases. Suburban and rural areas have a higher proportion of centenarians than urban areas, suggesting that maintaining daily physical activity is associated with longevity.

Biography

Rooji Lee, completed his Master's degree at the age of 25 from Chonnam National University and is currently serving as a Clinical Assistant Professor at Chonnam National University Hospital, Hwasun. He is conducting research on centenarians in Korea as part of the Korean Centenarian Study Group.

Bayan Alwadai

University of Exeter
UK

Telerehabilitation and its impact following Stroke: An umbrella review of systematic reviews

Abstract:

This umbrella review aims to summarize the impact of various telerehabilitation interventions on motor function, balance, gait, activities of daily living (ADL), and quality of life (QoL) among patients with stroke. Six electronic databases were searched to identify relevant quantitative systematic reviews (SRs). Due to substantial heterogeneity, the data were analysed narratively. A total of 28 systematic reviews (n=245 primary studies) were included that examined various telerehabilitation interventions after stroke. Motor function was the most studied outcome domain across the reviews (20 SRs), followed by ADL (18 SRs) and balance (14 SRs) domains. For primary outcomes, our findings highlight moderate- to high-quality evidence showing either a significant effect or no significant difference between telerehabilitation and other interventions. There was insufficient evidence to draw a conclusion regarding feasibility outcomes including participant satisfaction, adherence to treatment, and cost. Most reviews under this umbrella included patients with stroke in the subacute or chronic phase (12 SRs). Simple and complex telerehabilitation interventions such as telephone calls, videoconferencing, smartphone or tablet-based mobile health applications, messaging, VR, Robert-assisted devices, and 3D animation videos, either alone or in combination with other interventions were included across reviews. In conclusion, various telerehabilitation interventions have shown either a significant effect or no significant difference compared to other interventions in improving upper and lower limb motor function, balance, gait, ADLs, and QoL, regardless of whether simple or complex approaches were used. Further research is needed to support the delivery of rehabilitation services through telerehabilitation intervention following a stroke.

Biography

Bayan, has completed her MSc from Cardiff University. She is a lecturer in the Department of Physical Therapy at the College of Applied Medical Sciences, Najran University, Saudi Arabia. She is currently a PhD student at the Medical School, Faculty of Health and Life Sciences, University of Exeter.

DAY- 02

KEYNOTE PRESENTATIONS

12-13,
JUNE 2025

LONDON, UK

Pawel Adam Piepiora

Wroclaw University of Health and Sport Sciences, Poland

Maintaining the mental health of karate athletes

Abstract:

The training of karate athletes includes motor, technical, tactical and mental preparation. In addition to the sports area, karate athletes are also burdened with problems of the private sphere. Therefore, the personal life of karate athletes permeates their sports life and vice versa, which translates into their daily functioning. Karate athletes cope with this to a greater or lesser extent, or they are unable to bear such a burden. Therefore, the purpose of this presentation is to present interventions for maintaining the mental health of karate athletes. Interventions by a sports psychologist for a karate competitor in crisis in terms of mental training such as relaxation, visualization, emotion control, maintaining confidence and mental resilience; as well as providing psychological assistance will be presented. In addition, the validity of undertaking psychotherapy for a karate competitor in a particular stream will be presented, depending on the nature of the problem. And there are also cases where a sports psychiatrist needs to introduce medication for a karate competitor. The ongoing care of a sports psychologist and ad hoc interventions by a psychotherapist and sports psychiatrist were found to be important in maintaining the mental health of karate athletes. Maintaining a karate competitor's mental health while functioning in the world's top professional karate and sports business relies on close cooperation with a sports psychologist, psychotherapist and sports psychiatrist as permanent members of his training staff.

Biography

Paweł Adam Piepiora, is Habilitated doctor in the field of medical sciences and health sciences in the discipline of physical culture sciences, sports psychologist, pedagogue, chartered teacher, education manager, neurotherapist. Associate Professor at the Wroclaw University of Health and Sport Sciences (Poland). Master class karate trainer (holder of the 8 dan degree), world-class referee in karate shotokan and international class in sports karate, multiple medalist of the World and Polish Championships in karate shotokan and the Polish Academic Championships in Olympic karate, tutor of medalists of the World, European and Polish Championships in

karate shotokan, representative of the Funakoshi Shotokan Karate Association in Poland, organizer of national and international karate sports events as well as scientific conferences, training courses and seminars for karate players and trainers. Co-organizer of the 12th World Championship of Shotokan Karate FSKA in 2010. Honored with the Bronze Cross of Merit, the Golden Badge "Merit for Lower Silesia", the Bronze Badge "Merit for Sport", the Badge "Merit for Sport in Lower Silesia", the Big Gold Honorary Badge of the Lower Silesian Folk Sports Association, Honorary Membership of the KS Funakoshi Shotokan Karate. Author or co-author of over 140 scientific publications, author of the "Karate Compendium", participant in numerous scientific conferences in Poland and abroad, completed research internships in the Czech Republic and Turkey.

Daniel Roque Gomes

Polytechnic Institute of Coimbra
Portugal

Want to keep your talented workers? How sustainable HRM, employee engagement and affective commitment prevents workers turnover Intention

Abstract:

The way of managing people aligned with Sustainable Human Resources Management (SHRM) processes represents the adoption of guidelines that embody long-term commitments to the cause of sustainability, compelling organizations to adopt HRM practices that enable the fulfillment of sustainability goals while simultaneously replicating the long-term HR base of action. The main objective of this study is to assess the impact of SHRM on workers' turnover intention (TI), while evaluating the mediator roles of employee engagement (EE) and affective commitment (AC) in this relation. A cross-sectional quantitative study using Structural Equation Models (SEM) was prepared. In total, 430 individuals have voluntarily participated in the study, from organizations in various sectors. Main results show that SHRM is significantly correlated with EE, TI and AC. Additionally, both AC and EE exert a full mediating effect on the relationship between SHRM and TI. Confirmatory model tested revealed a good fit to the data ($\chi 2$ (114df) = 510.584, $p \leq 0.05$; RMSEA = 0.08; CFI = 0.95; IFI = 0.95) with bootstrapping (n = 1000). These results seem to support the usefulness of organizations investing in the adoption of SHRM practices due to its impact over turnover intention, via employee engagement and workers' affective commitment. HR professionals should consider that SHRM appears to be a significant way to enhance the quality of the worker-organization relationship and to avoid avoidance workers' turnover intention. Incorporating sustainability concerns into the strategic human resource management planning seems advisable regarding prospective positive effects on workers' attitudes in work locations and turnover intention avoidance, thus, supporting talented workers' retention.

Biography

Daniel Roque Gomes, Coordinator Professor at the School of Education of the Polytechnic University of Coimbra. He holds a Post-doc by SOCIUS - ISEG Lisbon School of Economics & Management, and a PhD in Work and Organizational Psychology by ISCTE-IUL. Researcher at CERNAS - Center for Natural Resources, Environment, and Society. Research interests include Leadership, Sustainable Human Resources Management, Organizational Behavior, Internal Marketing and Internal Communication.

Zhenhuan Liu

Guangzhou University of Chinese Medicine
China

Scientific evaluate quantification of social and behavioral by scalp Acupuncture on children with autism spectrum disorder

Abstract:

Autism spectrum disorders (ASD), a severe and pervasive heterogeneous neurodevelopment disorder, is characterized by impaired social interaction and communication, repetitive behavioral patterns, and restricted interests. Many aspects of ASD are still debatable, with elusive and complex etiologies, and no effective therapy exists. At present, many studies have verified the effectiveness and safety of acupuncture in the treatment of autism. However, the results should be explained cautiously due to methodological weakness. In order to obtain powerful evidence of the effectiveness and safety of acupuncture in the treatment of ASD, it is worth designing a study with higher methodological quality. We summarize the potential mechanism of acupuncture in the treatment of ASD. We found the mechanism of acupuncture treatment of ASD is still unclear. On the one hand, due to the complex etiology and biochemical changes of ASD, it is a neurodevelopmental disorder syndrome with a variety of biological factors. On the other hand, there are few basic researches on the mechanism of acupuncture in the treatment of ASD. There is still a long way to go to reveal the secret of this mechanism. Acupuncture has a short history in the treatment of autism, but the application of scalp points has achieved remarkable curative effect. There are different kinds of scalp acupuncture therapy in clinic. Thus, we put forward "Xingnao Kaiqiao scalp acupuncture therapy"and bring forth the need for well-designed, rigorous clinical and experimental studies to provide formidable scientific evidence validating the efficacy and safety of acupuncture in the treatment of ASD.

Biography

Zhenhuan Liu, professor of pediatrics/ Ph.D.tutor• Standing Director of International Association of Neural Restoration• Vice-chairman of Rehabilitation professional committee of Children with cerebral palsy, World Federation of Chinese Medicine Societies• Vice-chairman of Professional committee of child health World Federation of Chinese Medicine Societies• Visiting Profassor of Chinese University of Hong Kong• Professor Liu was included in the Dictionary of World Celebrities of Cambridge University UK• Editorial Board World Journal of Physical Medicine and Rehabilitation. Zhenhuan Liu professor of pediatrics, Pediatric acupuncturist Ph.D.tutor• Standing Director of International Association of Neural Restoration• Vice-chairman of Rehabilitation professional committe of Children with cerebral palsy, World Federation of Chinese Medicine Societies• Vice-chairman of Professional committee of child health World Federation of Chinese Medicine Societies • Visiting Profassor of Chinese University of Hong Kong in recent 10 years.• Professor Liu was included in the Dictionary of World Celebrities of Cambridge University UK.

Mekhman N Mamedov

National Research Center for Therapy and Preventive Medicine, Russia

Global dynamics of cardiovascular mortality in different regions of the world: the relationship between risk factors and the level of economic development

Abstract:

In most regions of the world, the main cause of death in adults is complications of cardiovascular diseases (CVD), among which coronary heart disease and stroke occupy key places. Over the past decades, a significant decrease in cardiovascular mortality has been observed globally. In general, over 32 years (1990-2022), a decrease in cardiovascular mortality by an average of 38.5% has been observed in 12 regions of the world. In regions with a high level of economic development, this dynamic is more significant compared to countries with a low level of economy. The greatest reduction in CVD mortality is observed in Australia, the Asia-Pacific region and Western Europe, with an average mortality dynamic of 63% over 32 years. According to data from 2022, CVD mortality in these countries ranges from 81.6 to 191.7 cases per 100,000 population. A similar picture is observed in the North America region and in tropical Latin America. It should be noted that in the Central European region, the mortality dynamics are quite pronounced, but on the other hand, in some countries, CVD mortality is quite high in 2022. In the Central Asian region, the mortality dynamics over the observed period were 3-4 times lower compared to the above regions. A similar situation is observed in Central Africa and Southeast Asia. According to experts, health policy should focus on the risk factors that are most important in specific groups of countries. In regions with high economic development, a significant part of cardiovascular complications can be prevented through optimal control of metabolic and behavioral risk factors. In regions and countries with low and medium economic development, the greatest benefit can be expected from restricting smoking, controlling hypertension and investing in health care, including increasing the availability of drugs for prevention, and using high technologies for the treatment of CVD.

Biography

Mamedov, was born on January 10, 1970, in Sheki, Azerbaijan, and is a distinguished Azerbaijani cardiologist based in Moscow, Russia. He completed his medical education at the Moscow Medical Academy named after I.M. Sechenov, followed by postgraduate and doctoral studies in cardiology at the National Research Center for Preventive Medicine. Since 2002, Dr. Mamedov has led the Department of Secondary Prevention of Chronic Non-infectious Diseases at the National Research Center for Therapy and Preventive Medicine. His research focuses on cardiovascular disease epidemiology, risk factors, and pharmacotherapy. Dr. Mamedov has authored 468 articles, 13 monographs, and holds a Hirsch index of 40. He serves as the President of the Cardioprogress Foundation, is on the board of the Russian Society of Cardiology, and is Editor-in-Chief of the International Journal of Heart and Vascular Diseases.

DAY- 02

ORAL PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Zhang Jinmin

Zhejiang Normal University
China

Relationship between learning f low and academic performance among students: a systematic evaluation and meta-analysis

Abstract:

Introduction: The concept of "flow experience," characterized by a state of immersive enjoyment and profound engagement, pertains to individuals' deep involvement in intriguing and pleasant tasks. In the field of study, individuals are in a state of flow when encountering challenging tasks, which matters considerably in completing the tasks. Therefore, learning flow is considered a hotspot in education that may be related to improving academic performance. Nonetheless, there remains contention regarding the extent of learning flow's impact on academic performance. To this end, meta-learning was hereby used to provide evidenced on the relationship between them.

Methods: A systematic review was conducted under the guidance of PRISMA to examine the evidence of learning flow and academic performance, check the potential mechanism and evaluate the current evidence. Clinical research or empirical research on the influence of learning flow on academic achievement was collected by searching four databases. The literature retrieval spanned from each database's inception until June 2023, specifically covering the PubMed (2000–2023.6), Embase (1974–2023.6), Cochrane Library (1993–2023.6), and the Web of Science (1807 2023.6), with particular attention to the period between 2000 and 2023.

Results: Thirteen RCTs were included, the total sample size used in the study was 3,253. Using the NOS evaluation tool of queue study, the average evaluation score of the included literatures was 7.46, indicating that the overall literature was above average. Besides, the data software StataSE was used to test the heterogeneity of the data, and the correlation coefficient and 95% confidence interval effect were found to be 0.43 (0.28, 0.57).

Discussion: Our research indicates a link between learning flow and academic performance, that is, students with high learning flow levels tend to have better academic performance. At

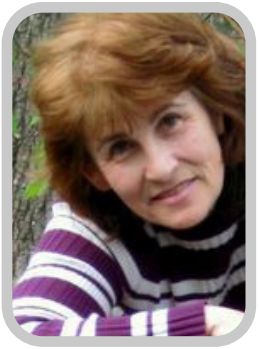
the same time, this conclusion needs to be verified by more high-quality literature and larger sample data.

Biography

Zhang Jinmin, is a dedicated researcher from Fujian, China, currently pursuing a Ph.D. in Education at the School of Education, Zhejiang Normal University. She earned her bachelor's degree in English from Fujian Normal University, followed by a master's degree from the College of Sports Science at the same institution. Her research interests lie at the intersection of physical education, education, and psychology, with a particular focus on exploring the interconnections among these fields.

Throughout her academic career, Zhang Jinmin has been recognized with nearly twenty awards, including the prestigious Second-Class Scholarship for Outstanding Students at Fujian Normal University. She has actively contributed to academia through participation in two national-level research projects and has authored several papers as the first author in esteemed journals such as Frontiers in Psychology.

Committed to the pursuit of scientific research, Zhang Jinmin remains eager to engage with the academic community and contribute to the advancement of knowledge in her areas of expertise.



Dina Veksler

Social Services
Albania

Do no harm: reconstruction instead of separation

Abstract:

Psychological separation between adult children and their parents is often presented as a necessary step toward personal growth and independence. However, my personal experience, supported by careful study of real separation cases and discussions with psychologists, suggests otherwise. Following this approach, my daughter started to be hostile towards me, despite having a strong, supportive relationship beforehand. Through deeper investigation, I found that while young adults are encouraged to sever these important emotional bonds, they often do not achieve the promised happiness or stability. Instead, they face emotional losses that are rarely acknowledged. In this presentation, I will argue that the prevailing model of psychological separation needs to be fundamentally reexamined. I will share ideas on how harm can be avoided, preserving essential family bonds while still supporting individual growth.

Biography

Dina Veksler, completed her Master degree in engineering in ex-USSR, AAS in Early Childhood Education in the USA. She has been working with special children and psychiatric patients for the USA Social Services system for about 25 years. Being a child's photographer in the past she invented Thematic Photobooks system, which can work as a phototherapy for special children. She published a few articles in academic journals in English and in Russian languages and some books on Amazon (under pen name Dana Madenich). Currently retired.

Gaye Eskicioglu

Istanbul University
Turkey

Group identification disrupts adaptive Decision-Making in the presence of incongruent In-Group cues

Abstract:

This study examined the role of in-group identification on adaptive decision-making in football supporters using a gambling test including "cued" and "neutral" conditions with and without in-group cues. We hypothesized that only in the presence of in-group cues, high identification would negatively affect adaptive decision-making. Young volunteers who support arch-rival teams (N=121, 100F/21M) were first tested in neutral- condition, followed by an implicit- or explicit-cued condition. Participants made 100 choices from advantageous (wins 60%) and disadvantageous (wins 40%) decks per condition. In the cued-condition, unbeknown the participants, the deck with in-group (favorite-team) cue was disadvantaged, while the deck carrying a cue for the out-group (rival-team) was advantaged. Each deck was designed like a playing card with binary color: grey-white in neutral, original logo colors in implicit-cued condition (ICC), or directly filled with team logos in explicit-cued condition (ECC). Advantageous picks–disadvantageous picks were calculated as an indicator of adaptive decision- making performance and team-identification level was measured. Consistent with our hypothesis, team- identification did not predict adaptive decision-making in the neutral-condition ($p>.05$) but significantly did in the cued-condition ($\beta=-.368$, $p<.05$). Team-identification was more predictive in ECC ($\beta=-1.85$, $p<.05$), whereas less predictive in ICC ($\beta=-0.31$, $p<.05$). We showed that incongruent in-group cues, whether given explicitly or implicitly, negatively affect adaptive decision-making in football supporters with higher group identification, providing evidence for relationship between group-identification and maladaptive choices. This study was supported by Scientific and Technological Research Council of Turkey (TUBITAK) under the Grant Number 223K217. The authors thank to TUBITAK for their supports.

Biography

Gaye Eskicioglu, is a graduate of the Department of Psychology at Istanbul University and is currently pursuing her master's degree in the Neuroscience program at Istanbul University's Aziz Sancar Institute of Experimental Medicine. She specializes in experimental psychology, cognitive neuroscience, and cognitive electrophysiology. Eskicioglu's work aims to understand the neuropsychological mechanisms underlying cognitive processes by investigating behavioral and neural responses. She has published several articles in international journals and presented her research at various academic conferences. Additionally, Eskicioglu has been involved in national research projects, contributing to the advancement of research in her field.

Dana Eberl

Catholic University Eichstatt-Ingolstadt
Germany

An integrative Multi-Level review of thriving at work in teams

Abstract:

Background: Thriving at work (TW) is a remarkable positive psychological state that leads to higher levels of employee performance, satisfaction and well-being, provided that employees are embedded in proximal working contexts, for example, in teams or work units, that support agentic work behaviours. Due to the importance of unit contextual features for TW and the increasing relevance of work teams in today's work environment, measures to promote TW should consider the team context.

Purpose: This research project presents an integrative review of TW in teams drawing from the extended socially embedded model of thriving and existing multi-level conceptualisations of TW. This is used to identify existing gaps in the literature and possible directions for future research on TW in teams.

Methodology: A systematic literature search on TW in teams is conducted based on journal articles published between 2005 and 2024.

Results: A multi-level framework for TW in teams is proposed, highlighting the antecedents and consequences of TW in teams at three levels: individual, collective, and organisational.

Practical implications: Understanding the supportive and hindering factors of TW in work teams is essential for organisations and leaders to enable TW for both work teams and their members by shaping factors at individual, collective and organisational levels.

Originality/Value: This integrative multi-level review contributes to the growing body of research on positive psychology in the workplace. The proposed framework and future research directions have the potential to unravel the relationship between individual, collective and organisational factors and TW in teams.

Biography

Dana Eberl, holds a Master of Arts in Prevention and Health Management (focusing on stress management and mental health) and a Master of Science in Business Administration. She has been working as a research assistant since 2023. She is currently pursuing a doctoral degree at the Catholic University of Eichstätt-Ingolstadt (Germany) with a research focus on Thriving at work.

Anjana Chandran Nair

Government Medical College
India

Jumping stump syndrome – Case report

Abstract:

Introduction: Jumping stump syndrome is considered to be a peripherally induced movement disorder due to damage to peripheral nerves.It is one of the rarest complications post-amputation with very few cases seldom reported world-wide.Pathophysiology is not well understood.Certain cases are considered to be due to propriospinal myoclonus.Psychogenic cases have also been reported.To date,there are no consensus-based best practice recommendations to treat jumping stump syndrome.

Case presentation: 54year old male who presented after 2years since transtibial amputation came with complaints of paraesthesia,phantom limb sensation along with involuntary twitching movements of the residual limb.These movements which started within1month of amputation were initially occasional and gradually hampered sleep.In the following years,it increased in frequency and was reproducible on tapping or massaging the limb.On admission these movements were visible in the residual limb.Tinels sign was present in the retained twigs of fibular and tibial nerves.Onprosthetic fitment,patient had experienced movements of the limb within the socket and had thereby developed repeated ulcerations on shin.This also led to decrease in the prosthetic wearing time.

Discussion: In this jumping stump,along with amitriptyline and gabapentin,nerve blocks were given for both tibial and fibular nerve twigs.Botulinum toxin typeA was given to both heads fgastrocnemius.Post injection patient had reduction of involuntary movements and this helped in wound healing of residual limb.This led to increased prosthetic wearing time and better prosthetic rehabilitation.

Conclusion: Botulinum toxin type-A addressed consequences rather than cause of this movement disorder.It should be considered as treatment for jumping stump syndrome to improve prosthetic wearing time and comfort.

Biography

Anjana Chandran Nair, has completed her MD in Physical Medicine and Rehabilitation from Government Medical College Thiruvananthapuram, Kerala, India. During her post graduation she had won many prizes including First prize in quiz competition and scientific paper presentation in Indian Association of Physical Medicine and Rehabilitation conference. She has publications as first author in both Indian and international journals. She has attended several national and international conferences and workshops and presented scientific papers and posters.

***Sophie C.A. Price**
University of Leeds
United Kingdom

Mohammad Ali Ahsan
Leeds Teaching Hospitals NHS Trust
United Kingdom

Therapists' perceptions and insights into implementing mixed reality in neurorehabilitation: A mixed methods service evaluation

Abstract:

Background: Neurological disorders are leading causes of disability and mortality. NHS neurorehabilitation delivery is limited by finite numbers of occupational therapists (OTs), physiotherapists (PTs) and speech and language therapists (SLTs).

Immersive technologies such as Mixed Reality (MR) could complement delivery and gain efficiencies with the available in-person resource – however, limited evidence exists for its utility in healthcare. Prior to efficacy studies, a feasibility study would inform implementation.

Objective: To investigate the feasibility and barriers of implementing MR, specifically Microsoft HoloLens-2 (HL-2), in neurorehabilitation, by analysing the perceptions of PTs, OTs and SLTs.

Methods: Mixed-methods, prospective cohort study utilising maximum variation purposive sampling. Neuro-therapists at a tertiary NHS Hospital Trust (Leeds) trialled HL-2 and completed a questionnaire and semi-structured interview. Quantitative and coded thematic analyses were conducted.

Results: The sample (n=22) was predominantly female (n=20), ≤40 years old (n=17) and highly qualified.

81.8% of therapists perceived HL-2 useful; 77.3% would adopt it into their practice – PTs most likely, OTs least.

68.2% found HL-2 easy to use, but only 18.2% thought their patients would. Aspects of HL-2's hardware and software were considered strengths. However, there were concerns regarding patients with severe cognitive/visuospatial/depth perception impairments.

Motion sickness and disorientation (typically experienced in virtual reality) were reported by 0% and 13.6% (median severity=3/10, IQR=4) respectively. 22.7% reported impaired vision (median severity=5/10, IQR=3.5). No other adverse effects were reported.

Conclusions: Therapists' perceptions of HL-2's complexity, relative advantage and safety are likely to facilitate implementation. However, HL-2's compatibility requires further investigation. Overall, a follow-on study is justified.

Biography

***Sophie C.A. Price,** is affiliated with the University of Leeds, United Kingdom, and contributes to academic research and development in her field of study.

Mohammad Ahsan, is currently a Foundation Year Two doctor at University Hospital Lewisham London. Sophie Price and Mohammad Ahsan graduated from the University of Leeds, MBChB Medicine and Surgery MRes Medicine. Ryan K. Mathew FRCS (NeuroSurg) PhD PGDipClinEd (RCPSG) is an Associate Professor at the University of Leeds and Honorary Consultant Neurosurgeon at Leeds Teaching Hospitals NHS Trust. He has 55 publications in reputed journals and his research interests include basic and translational research into brain cancer, preclinical model development, medical devices, surgical technologies and immersive.

DAY- 02

POSTER PRESENTATIONS

12-13,
JUNE 2025

LONDON, UK

Laura Sucarrats Cribills

Althaia, University of Manresa
Spain

Prevalence and intensity of pain during a rehabilitation process

Abstract:

Background and Aims: Pain is extremely prevalent in our consultations and during the rehabilitation process. That is why some authors consider our specialty as one of the fundamental ones for the management and treatment of pain. The aim is to describe the prevalence of pain and its intensity in patients who are in a rehabilitation process.

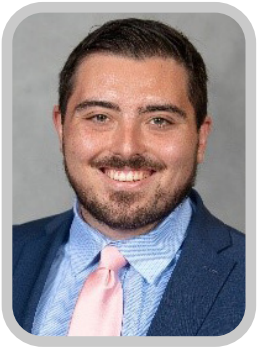
Methods: Cross-sectional observational study. The sample will include a total of 140 patients treated consecutively in the service as a representative sample. Patients treated over two days in July 2024. The dependent variable will be: pain in the last 24 hours and its intensity, pain during treatment, pain characteristics. The pain assessment will be done with the Numeric Rating Scale (NRS) of pain (from 0 to 10) and the Spanish version of the Brief Pain Inventory (BPI) questionnaire, used to measure the intensity of pain and its impact on activities of daily living. Statistical analyses will be performed using IBM SPSS statistics v.28. It will be set as a value of statistical significance of 0.05.

Results: The study included 140 patients; 13.7% had acute pain and 86.3% chronic pain, of which 57.9% were women and a mean age of 55.6 years. Most patients had nociceptive pain (68.8%). Pain intensity on the NRS was 5.32. A total of 52.5% were receiving analgesics, and 86.4% didn't want more drugs. The BPI reported the degree to which their pain interferes with functioning in seven domains: 90% had alterations in general activity, 35% had an interference in walking, 28% hadn't a mood interference but 27% had a moderate one, 64% with some sleep problems, 33% had a moderate work interference, 30% had problems with relations with other persons, and 64% had interfered in enjoyment of life.

Conclusion: The results of our study demonstrate a high prevalence of pain and a high impact on activities of daily living in rehabilitation process. However, participants do not wish to use additional medications.

Biography

Laura Sucarrats, has completed his PhD at the age of 24 years from Hospital Clínic, Universitat de Barcelona. Speciality in Physical Medicine and Rehabilitation in the year 2013 at Hospital Universitari Mutua de Terrassa, Spain.



Kyle Agostini
Campbell University
USA

Complementary health approach use in a demographically representative sample of U.S. adults with chronic pain

Abstract:

Background: Chronic pain imposes a significant global burden, contributing to reduced quality of life and increased healthcare costs. Pain's multifaceted nature complicates developing standardized treatment plans that meet diverse patient needs. Patients increasingly adopt complementary health approaches (CHAs), yet utilization patterns and clinical effects remain understudied.

Objective: To quantify associations between chronic pain and CHA utilization in U.S. adults, focusing on osteopathic medicine and other nontraditional modalities.

Methods: A cross-sectional online survey of a representative sample of 3,022 U.S. adults examined patterns of complementary health approach (CHA) use among individuals diagnosed with chronic pain in the past year. Statistical analysis included Chi-Square tests of bivariate associations of chronic pain and types of CHA use. Logistic regression analyses—with and without adjustment for demographic variables—evaluated the clinical significance of these associations.

Results: Individuals with chronic pain demonstrated significantly higher overall utilization of CHA than those without (adjusted odds ratio = 2.558, 95% CI: 1.562–4.190). Osteopathic manipulative treatment (adjusted odds ratio = 3.399, 95% CI: 2.230–5.183) was among many CHA modalities more commonly used by these individuals.

Research Limitations: The cross-sectional design limits causal interpretation. Self-reported measures of pain and CHA use may be susceptible to bias.

Conclusion: The preference for CHAs among chronic pain patients demonstrates the unmet needs in conventional care regarding the management of symptom management, functional recovery, and mind-body interactions. Future longitudinal research could clarify the factors driving CHA adoption, evaluate therapeutic efficacy, track evolving preferences, and uncover the temporal dynamics and causal mechanisms involved.

Biography

Kyle Agostini, is a research fellow at Campbell University School of Osteopathic Medicine, Lillington, NC. He has a strong interest in developing integrative, patient-centered strategies for managing chronic pain. His research focuses on complementary health approaches and their integration into traditional pain management strategies.

Kevin Huang

Inspira Health Network
USA

Potential Novel Way of Spinal Device Lead Implantation in a Scoliosis Patient

Abstract:

Spinal cord stimulation (SCS) is a recognized treatment for chronic pain syndromes such as complex regional pain syndrome (CRPS), though placement of epidural leads can be challenging in patients with spinal deformities. A 65-year-old male with CRPS, scoliosis, and kyphosis presented with chronic back pain radiating to both legs. After numerous failed treatments, a thoracic SCS trial was proposed. During the initial attempt, standard fluoroscopic guidance under local anesthesia led to patient discomfort and poor lead positioning. Despite correct anatomical placement, the patient reported persistent pain and pressure. A novel approach was taken: the patient was instructed to take a deep breath while lying prone during lead advancement. This breathing technique facilitated successful epidural navigation and lead placement at T12, with immediate and significant pain relief. Biomechanical explanations include increased epidural space during thoracic inhalation and favorable cerebrospinal fluid (CSF) flow dynamics, which together support easier lead advancement and positioning. Deep inhalation flattens thoracic kyphosis and may reduce resistance within the spinal canal, while increased CSF pressure during inspiration may help direct the lead into the desired location. This case highlights a non-invasive, low-risk technique that may benefit SCS procedures in patients with spinal anatomical challenges. Deep breathing during implantation could reduce procedural time, minimize discomfort, and improve overall lead placement success.

Biography

Kevin Huang, DO, MPH, CPT completed his Degree of Osteopathic Medicine at the University of New England College of Osteopathic Medicine and his Master's in Public Health/Healthcare management at University of Massachusetts Lowell. He is a Physical Medicine and Rehabilitation resident physician at Inspira Health Network, with a focused interest in Sports Medicine, Spasticity, and Interventional Pain.

DAY- 02

ORAL PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Nida Shabbir

Psychology and behavioral sciences
Pakistan

The impact of toxic parenting on Children's Self-Confidence

Abstract:

The way parents raise their children will have a significant impact on how they develop. Caregiving errors will result in toxic parenting, which will hinder the emotional growth of the child. Parents who have toxic parents are accustomed to speaking harshly, making fun of, demeaning, and even imposing their wishes on their kids. Many factors contribute to toxic parenting, such as past trauma experienced by the parents, personal issues they are facing, an inability to regulate their emotions, and excessive expectations placed on the parents for their children. There are various forms of toxic parenting, such as parents who make much effort to mold their kids into what they want them to be, parents who are dismissive of their kids and frequently make fun of them, and parents who are disdainful of their kids and frequently make fun of them. There are many impacts resulting from toxic parent behavior. Children who experience poisonous parents will have a low self-image, get stressed easily, be pessimistic, have difficulty controlling their emotions, worry, lack self-confidence, depression, and other emotional disorders, which will have an impact until the child is an adult. Thus, parents are responsible for protecting their children from negative parenting styles. Positive parenting can be used by parents who observe their children's behavior, provide opportunity and trust, manage their emotions, and maintain open lines of communication with their kids. All of this can improve children's development, especially their emotional development. Parents can reduce or even stop toxic parenting, among other things, by making peace with themselves, being grateful for all the little things they have, being willing to learn about correct parenting patterns, and, most importantly, realizing that children are a trust from the creator who will be held accountable.

Biography

Nida Shabbir, is a psychologist with experience working with special children and adults in Pakistan. They have collaborated with numerous organizations and specialize in Applied Behavior Analysis (ABA) therapy and Cognitive Behavioral Therapy (CBT). In addition to their in-person work, Nida Shabbir provides online therapy sessions and has extensive experience conducting virtual counseling.

Islam Gumaa

Northern care Alliance NHS trust
UK

An unusual neurological consequence of Cardiac Arrest: Hypoxic brain injury mimicking spinal cord disease

Abstract:

Cardiac arrest (CA) remains a major cause of both death and long-term disability, particularly neurological impairment. The well-known complication of CA is hypoxic-ischemic encephalopathy (HIE), typically manifesting with altered consciousness and cognitive impairment. We report a rare case of a 51-year-old male who developed bilateral lower limb weakness and neurogenic bladder after an out-of-hospital cardiac arrest due to an inferior ST-elevation myocardial infarction (STEMI). Given the clinical presentation, a spinal cord lesion such as a watershed ischemic spinal cord stroke was suspected. However, extensive spinal imaging revealed no abnormalities. Instead, brain MRI findings were consistent with hypoxic-ischemic encephalopathy (HIE), suggesting cerebral hypoxia as the underlying cause of the patient's lower limb dysfunction. This case highlights the importance of considering HIE as a differential diagnosis in post-cardiac arrest patients presenting with lower limb weakness, particularly when spinal imaging is unremarkable. Early recognition is essential for appropriate management and prognosis.

Biography

Nida Shabbir, is affiliated with the Devonshire Centre for Neurorehabilitation at the Northern Care Alliance NHS Trust in Greater Manchester, UK, where he contributes to advancing neurorehabilitation practices and patient care.

Joao Rafael De Oliveira Rocha da Silva

Connect Life Rehabilitation and Performance
Brazil

Factors that impact adherence to physical exercise in individuals with chronic pain

Abstract:

Chronic pain is defined as persistent pain for more than three months and can be classified as primary with no known etiology, or secondary pertinent to a pathological process and specific clinical diagnosis. In previous studies, we observed that it directly impacts cardiac rehabilitation, and adherence to physical exercise, significantly increasing disability and mortality in the population. We also observed that individuals with chronic pain present patterns of changes in motor control and kinesiophobia, with chronic low back pain and knee osteoarthritis being the most frequent causes of disability, directly impacting adherence to physical exercise. Despite the high relevance of studies that address the topic of motor control, its understanding in clinical practice still appears to be unclear. Experienced authors recently published a model for evaluating and optimizing motor control for individuals with chronic pain, demonstrating a variety of neurofunctional and musculoskeletal changes, which should be considered when inserting rehabilitation protocols for these individuals. The literature is abundant in studies that seek to understand which are the best exercises for treating Pain, but inconsistent as to which modality is best, which is why we seek to understand and first define what are the factors that impact these individuals' adherence to exercise.

Biography

Pt. Joao Rafael Rocha da Silva, has been a clinical physiotherapist for over 15 years, with a postgraduate degree in rehabilitation applied to sport from the Department of Orthopedics and Traumatology at the Escola Paulista de Medicina CETE- UNIFESP, also having a postgraduate degree in Improvement in assessment and interdisciplinary treatment in Pain at the Hospital das Clínicas of the Faculty of Medicine of the University of São Paulo HC-FMUSP.He recently published five studies related to the treatment of Pain, which were presented at more than five international conferences and congresses. Scientific reviewer for international journals.

Maria Borrell

Sant Pau Research Institute Spain CIBERCV, Madrid Spain

Lipoprotein receptors in neuronal cholesterol homeostasis and function

Abstract:

Although the regulation of cholesterol homeostasis in the body has been extensively studied, there is little information on how this regulation takes place in the brain. Cholesterol does not cross the blood-brain barrier; therefore cholesterol metabolism in the brain is independent from that in peripheral tissues. Lipoprotein receptors from the LDL receptor family (LRPs) have key roles in lipid particle accumulation in the bloodstream. For example, activation of a specific LRP induces lipid uptake in several cells, tissues and organisms both in vitro and in vivo. However whether LRPs are involved in the regulation of cholesterol levels in the brain is still not known. To determine the role of lipoprotein receptors in the brain we analyzed the expression of different LRPs and components and targets of their downstream signaling pathways in brains of Wt and Lrp-/- mice and in a neuroblastoma cell line. Although several LRPs expression are increased in a time dependent and dose dependent manner in lipid loaded neurons, specific LRPs do not participate in lipid uptake as neurons without lipoprotein receptors accumulate intracellular lipids in a similar way as control cells. Because the activation of the canonical WNT signaling pathway induces survival processes we tested whether lipoprotein receptors were involved in apoptotic and/or autophagic processes and found that LRP has both, anti- apoptotic and anti-autophagic functions indicating a role for this receptor in neuronal survival. Furthermore, we show that LRP is indispensable for life as brains of Lrp-/- mice show low but quantifiable LRP gene expression. Taken together, our results support a prosurvival role for LRP in brain.

Biography

Borrell, is a senior investigator in the Cardiovascular Program at the Hospital de la Santa Creu i Sant Pau, Barcelona. Prior appointments include a postdoctoral position in the Neurology Department of the Curie Institut, Paris, France studying Huntington's disease. She leads a project based in the role of different lipoprotein receptors in cholesterol metabolism in the vascular system. The results have been published in different journals including EHJ, BRIC or CVR and lead to the concession of projects financed by both, the government and the industry

Kizito Julius

Hope and Beyond
Uganda

Gender-Sensitive Mental Health Implications for Children Living with Caregivers with Alcohol Use Disorder

Abstract:

Introduction: Children living in households affected by caregivers with Alcohol Use Disorder (AUD) are uniquely vulnerable to mental health challenges such as anxiety, depression, and behavioral disturbances. In South Africa, studies reveal that one in five children from alcohol-affected households suffers from emotional neglect, increasing the risk of developing substance use disorders later in life (Peltzer et al., 2018). In East Africa, particularly in rural areas, the impact of alcohol misuse by caregivers is profound, with limited mental health support further compounding the emotional and developmental struggles of children (WHO, 2019). Moreover, the experiences of boys and girls in such contexts differ significantly, warranting a gender-sensitive approach to understanding and intervention.

Aim: This study explores the gender-specific mental health challenges faced by children of caregivers with AUD and evaluates the role of recovery services in addressing these needs.

Methodology: A desktop review of secondary data, including case studies, program reports, academic literature, and family support models, was conducted to analyze gender-specific mental health issues among children living with caregivers affected by alcohol misuse.

Findings: The study identifies that girls often assume caregiving roles within the family, leading to significant emotional strain and psychological distress. Boys, in contrast, face societal pressures to adopt risky behaviors, including substance use, as a coping mechanism. Both genders experience challenges in academic performance, emotional stability, and social integration, with inadequate mental health resources in rural communities exacerbating their difficulties.

Conclusions and Recommendations: Addressing the mental health implications of caregiver AUD for children requires gender-sensitive and culturally relevant interventions. Key recommendations include implementing school-based mental health programs, family counseling,

and child protection services tailored to the needs of boys and girls. A collaborative approach involving schools, healthcare providers, and community organizations like Hope and Beyond can provide comprehensive support for children and their caregivers. Scaling such initiatives in rural areas is essential for sustainable impact.

Biography

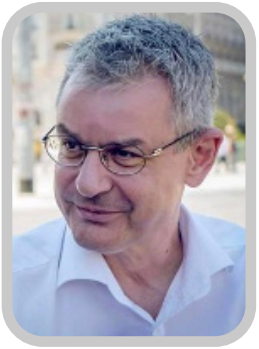
Kizito Julius, is associated with Hope and Beyond, an organization in Uganda. He is dedicated to social impact, focusing on rehabilitation, mental health, and community development initiatives to support vulnerable individuals and families.

DAY- 02

KEYNOTE PRESENTATIONS

12-13,
JUNE 2025

LONDON, UK



Sam Vaknin

The Commonwealth Institute of Advanced and Professional Studies, UK

7 Horsemen of Paranoid's Apocalypse: Ingredients of paranoid ideation

Abstract:

Paranoia is a mixture of anxiety, hypervigilance, catastrophizing, an internalized bad object, referential ideation, and grandiosity. It involves Anxiety, Splitting, and Misattribution. The world is a hostile and dangerous place: Hypervigilance. I need to be on my guard because I am targeted.

Reactive paranoia: mortification, gaslighting, alloplastic defenses, conspiracism. Catastrophizing: Something really bad is going to happen. Internalized bad object: I am bad or I did something wrong and I deserve to be punished. Guilt often leads to paranoid ideation.

Grandiosity: I am sufficiently important, envied, or interesting to be the target of a malevolent conspiracy with malign intent. Grandiosity can be charismatic - or contemptuous. Charismatic grandiosity is misperceived by others as vision and self-confidence and is attractive. Contemptuous, haughty grandiosity - holding all people in contempt as completely inferior to you - is rejected and hated by people, especially people whose own grandiose or narcissistic defenses are triggered by it.

Sometimes paranoid ideation is an outcome of deepset insecurities and social anxiety and referential ideation

Biography

Sam Vaknin , is the author of Malignant Self-love: Narcissism Revisited as well as many other books and ebooks about topics in psychology, relationships, philosophy, economics, international affairs, and award-winning short fiction. He is Visiting Professor of Psychology, at Southern Federal University, Rostov-on-Don, Russia, and a Professor of Finance and Psychology at CIAPS (Centre for International Advanced and Professional Studies). He was the Editor-in-Chief of Global Politician and served as a columnist for Central Europe Review, PopMatters, eBookWeb, and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He was the editor of mental health and Central East Europe categories in The Open Directory and Suite101. His YouTube channels garnered 27,000,000 views and 120,000 subscribers.

ACCEPTED PRESENTATIONS

12-13, JUNE 2025

LONDON, UK

Claire Samanna

Monash University
Australia

The relationship between intervertebral disc health and exercise, sport and physical activity: a systematic review and meta-analysis

Abstract:

Poor intervertebral disc (IVD) health is associated with back pain. However, the effects of physical loading (exercise training, sport and/or physical activity) on IVD health is poorly understood. Our systematic review and meta-analysis examined the impact of physical loading on magnetic resonance imaging-derived IVD health compared to controls not engaging in the same physical loading or at a lower volume. Seven electronic databases (PubMed, CINAHL, SPORT Discus, EMBASE, CENTRAL, Web of Science, Scopus) and two trial registries (World Health Organization International Clinical Trials Registry Platform, National Institute of Health) were searched from inception to 30 January 2024. Forward and backward citation tracking was conducted for included reports. Certainty of evidence was assessed using Grading of Recommendations Assessment, Development, and Evaluation criteria (GRADE). Risk of bias (RoB) was assessed using Cochrane RoB2 and Joanna Briggs Institute Critical Appraisal Checklist for Analytical Cross-sectional and Cohort Studies. We identified 43 reports of 37 studies (participants: n=4,005; randomised control trials: n=2; cohort studies: n=8, cross-sectional studies: n=27). Pairwise random-effects meta-analysis estimated standardised mean difference and odds ratios. Meta-analysis revealed upright bipedal physical loading (Hedges' g [95%CI]: 0.31 [0.06, 0.55]; P=0.014; n=6, GRADE: very low) was associated with better IVD health. No other forms of physical loading were associated with better or worse IVD health. As our estimates rely on observational data, studies capable of examining the

Biography

Kidnapped at gunpoint and held for ransom, Chidi Iwuchukwu lives to share his remarkable journey from overcoming harrowing life experiences to becoming a bestselling author and community leader. Having survived a terrifying kidnapping and battled cancer, Chidi has not only thrived but has also become a No.1 International bestselling author, Coach and a beacon in his community. Chidi Iwuchukwu is the P.R.O (Persistent, Resilient and Optimistic) guy. He is the No1. International bestselling author of Coming To Canada: The Ultimate Success Guide for New Immigrants and Travelers. He uses his personal story, highlighting a variety of harrowing life experiences and transitions along the way including surviving a brutal kidnapping for ransom experience and battling cancer, to illustrate how to transform trials into triumphs. He has been featured on Fox, NBC, CBS, and ABC. He was nominated for the Star of Alberta Award in 2021 and for the Alberta Newcomer Champion Award 2022. In March of 2024, Chidi won the Toastmasters' International Speech Contest for Area C 13 and Division C. Chidi is also an accomplished and humorous Master of Ceremony and events host.

Joseph Miller

University of the Third Degree
UK

The use of meles vertebrae in pediatric lumbar disc transplants

Abstract:

Back pain in the paediatric population is a common presentation due to the recent development of shaft sinking and the relatively inexpensive remuneration requirements of employees aged six to ten. Members of this demographic often display poor balance and proprioception, with the consequent morbidity and mortality resulting in time-consuming and ultimately costly rehiring processes. Such processes can be alleviated by providing the relevant assets with on-the-spot surgery, but a shortage of paediatric vertebrae donors frequently renders rehiring the more parsimonious option. One solution to this conundrum involves a widening of the donation net whereby vertebrae are sought from populations with reduced capacities for verbal consent. Meles meles represents an optimal example of such a population, with recent UK culling measures facilitating a thriving transoceanic trade in osseous tissue. We present evidence that the relevant procedure can be performed rapidly and at a low cost. Short-term side-effects of the relevant procedures are unmeasured, and the lack of legal precedent presents an opportune window for its widespread implementation.

Biography

Joseph completed his PhD in Molecular Linguistics at the University of St Hospital, as well as a Certificate II in Self-Care at the University of Aquarius. He is the director of Have a Heart, a for-profit transplant agency based at Hanging Rock. He has published more than 45 in reputed journals and has served time.

Miki Marutani

National Institute of Public Health
Japan

Holistic support to enhance authenticity of people with disability

Abstract:

Purpose: The Japanese government established a new service called "Employment Choice Support" to assist persons with disabilities in making better choices. This study intended to clarify the raining needs of support staff focusing on the experience and environment assessment skills.

Methods: The Questioner regarding assessment skills was sent 3549 Employment Support Office from January to February 2024. Representatives of each office were asked about their demographic data andto answer frequency in use of 57 assessment skills and to rank their training needs on 57 assessment skills. Chi-square was performed for the relationship with frequency in use of assessment skills and training needs with years of experience. Multiple logistic regression analysis was conducted with the items which indicated significant difference with chu-square. This study was approved by ethical committee of the first author.

Results: 718 (20.4%) questioners were returned. The average years of experience was 9.3 (±6.6) . They mainly have supported people with intellectual disability, psychiatric disorder, and developmental disorder. As the results of chi-square, 12 items like "Exploring jobs where the individual can live in a way true to themselves" showed significant differences regarding years of experience. Also, Multiple logistic regression analysis indicated significant differences with al 12 items.

Conclusion: The results indicated the longer experience the support stuff have, the more attention they pay to "people with disability can be true to themselves". "Being truth to oneself" is called authenticity. Training curriculum should be included the knowledge and skills to be well experienced support stuff.

Biography

Miki Marutani has completed his PhD at the age of 41 years from Chiba University. She is the spesially appointed researcher of National Institute of Public Health in Japan. She has published more than 30 papers in journals.

Tamara Eichelberger

Azusa Pacific University
USA

Associations between measures of physical fitness and musculoskeletal characteristics in law enforcement officers

Abstract:

Law enforcement officers (LEOs) demand high levels of fitness to meet job demands. Poor fitness can put them at risk for poor health and injuries. There is limited research on musculoskeletal characteristics of LEOs that can put them at risk for injury. The purpose of this study was to describe measures of fitness and musculoskeletal characteristics and determine the relationships between these measures in LEOs. Thirty-nine officers participated. Measures included systolic/diastolic blood pressure (SBP/DBP mm Hg), body fat percentage (BF%), hamstring flexibility (90/90 test), hip flexibility (Thomas test), and core strength (Sahrmann Test, Levels 1-5), and Oswestry Disability Index (ODI). Descriptive statistics and correlations were used to summarize data. Mean SBP/DBP was 136.5/84.1. Mean BF% was 28.1%. The ODI indicated 15% with no disability, 75% minimal disability, and 10% moderate disability. Mean core stability was 1.05. Fair relationships existed between core stability and ODI (r=0.-34), and BF% and ODI (r=0.34). Fair to moderate relationships existed between right (R) sided gun position and left (L) lower extremity (LE) flexibility (r=0.69 (iliopsoas), r=0.45 (quadriceps) and r=0.25 (hamstrings). The majority of LEOs carried their gun on their R side (89%). Significant differences existed between L and R hamstring flexibility (p=0.00), but not the iliopsoas (p=0.46) or quadriceps (p=0.62). Poor fitness measures and risk factors for injury were noted. These findings warrant further attention given that asymmetries existing in the LEs can be a predictor for back injury. More research is needed in this unique population in order address and prevent adverse conditions.

Biography

Tamara Eichelberger has been PT for 25 years with experience in many settings. She has a PhD in Physical Rehabilitation Science with an emphasis in neuromuscular physiology, and is a Certified Neurological Clinical Specialist and Strength and Conditioning Coach. Memberships include the American and California PT and the National Strength and Conditioning Association. Positions held include membership on the Membership Committees of the California PT Association and Academy of PT Research. She has presented at local, national, and international conferences and has multiple publications. Research interests include examining the optimal performance of tactical athletes and mechanisms of neuromuscular fatigue.

Yu Hou

Guangdong Provincial Hospital of Chinese Medicine
China

Manual traction in severe cervical spondylotic radiculopathy

Abstract:

Manual Traction has been established as an effective technique for the treatment of cervical spondylotic radiculopathy, which can be performed with bare hands. The pain relief effect is evident immediately, with a total effective rate of 92%, particularly in severe cases. The five-year long-term follow-up results are satisfactory. This technique emphasizes the three elements of force, angle, and time, and is combined with continuous traction using instruments. Over the past 20 years of application, there have been no complications such as nerve injury. The technique has now received project funding from the National Administration of Traditional Chinese Medicine in China to promote it throughout the country. In a study involving 8 centers and 254 patients, a statistically significant difference in NRS and NDI scores was observed before and after treatment ($P<0.001$). When analyzing the NRS and NDI scores before and after treatment for each center separately, the results indicated that patients treated at all 8 centers showed statistically significant differences in NRS and NDI scores before and after treatment ($P<0.05$).

Biography

TMD, Attending Physician, trained under Professor Lin Dingkun, a renowned Chinese medicine expert in Guangdong Province and a distinguished scholar in Traditional Chinese Medicine (TCM). Currently serving as the Secretary of the Orthopedic Hospital at Guangdong Provincial Hospital of Chinese Medicine. Specializing in integrated prevention, treatment, and rehabilitation strategies for chronic musculoskeletal disorders, with a focus on cervical spondylosis, lumbar degenerative diseases, and knee osteoarthritis.Published 47 research articles, including 20 SCI-indexed papers with a cumulative impact factor of 69.4. Holds 5 national invention patents, 3 utility model patents, and 4 design patents.

Caitlin McKenzie

Nottinghamshire Healthcare NHS Foundation Trust
UK

A national evaluation of QbTest to support ADHD assessment: A real-world, mixed methods approach

Abstract:

The East Midlands Health Innovation Network rolled out a national programme to implement the QbTest, an objective test to help reach a diagnostic decision for ADHD, in NHS Trusts across England. We used a mixed methods approach to evaluate this national programme by collecting pre and post implementation audit data from Trust sites. Interviews were also conducted with healthcare staff involved with the QbTest implementation or use. A survey for healthcare staff and a separate survey for patients/their families were distributed by Trust sites to gather feedback on their experience of using the QbTest. The findings were an 11.5% decrease in number of appointments from pre to post implementation of the QbTest. There was also a 55 day increase from initial referral to diagnosis, and a 12 day increase to reach a diagnostic decision, though these results were likely due to the impact of COVID. Healthcare staff also reported finding the QbTest easy to use, helpful in supporting patient understanding of diagnostic decision, reducing the waitlist, that support from QbTech Ltd and their support was important to successful implementation, and they thought the test should be used on all ADHD assessments. Patients and their families found the QbTest useful, easy to complete, and helpful in understanding the patient's symptoms and the diagnostic decision. Overall, the QbTest resulted in service efficiencies for the ADHD assessment pathway and was acceptable/feasible to healthcare staff and patients and their families.

Biography

Caitlin has an MSc in Social Epidemiology from University College London. She has over 7 years' experience working in evaluation and research. She has worked on, and project managed several research/evaluation projects covering topics such as minimizing isolation of older adults, Individual Placement and Support for veterans, and physical education for young people with severe anxiety. She is also author on several publications on topics including ADHD, tics and Tourette's and attitude changes towards people with mental health conditions.

Enes Berk Sahin

Luiss Guido Carli University
Rome, Italy

Most current approaches to employee burnout prevention strategies: Asystematic literature review

Abstract:

This systematic literature review investigates the most recent burnout prevention strategies by focusing on studies published after 2019. Burnout, characterized by emotional, physical, and mental exhaustion, remains a significant challenge in modern workplaces, particularly in sectors less explored in previous research. Using the Web of Science database, 968 articles were initially identified. After a rigorous screening process, 67 empirical, theoretical, and meta-analytic studies were included in the review. Articles were filtered based on journal quality, inclusion in the ABS list, and relevant populations, excluding extensively studied groups such as healthcare workers and public service employees. Key findings reveal that social support from colleagues and leaders remains one of the most effective burnout prevention strategies, alongside individual-level interventions like mindfulness and resilience-building. Additionally, organizational factors such as job autonomy and supportive leadership are crucial in mitigating burnout. Flexible work arrangements have gained prominence, especially post-pandemic, but must be balanced with strategies to avoid presenteeism. This review contributes new perspectives on burnout prevention in under-researched sectors and emphasizes the need for comprehensive approaches that integrate both organizational and individual-level strategies. These insights offer a valuable foundation for fostering healthier, more resilient work environments.

Biography

Enes Berk Sahin is currently in his second year of PhD studies in Management at Luiss Guido Carli University. He is working in the field of Work Psychology and specifically on stress and burnout prevention in employees. He has one published book chapter.

Rhea Mistry

Chrysalis Associates
UK

The effects of a simulated monocular scotoma (age-related macular degeneration) on shape discrimination hyperacuity

Abstract:

The present study investigated the effects of a simulated monocular scotoma on binocular shape discrimination hyperacuity and whether the effects differed, if any, on central, parafoveal and peripheral vision. Five participants identified radial frequency patterns (distorted circles) amongst two baseline circles, to establish modulation thresholds. A mixed repeated measures design was applied, which consisted of two within-subject independent variables: viewing conditions (binocular vision, left eye, right eye and binocular vision with a simulated monocular scotoma) and the eccentricities in the visual field (central, parafoveal and peripheral vision); these were targeted using three different sizes of radial frequency patterns. It was hypothesised that, when simulating a monocular scotoma, modulation thresholds would be lower for central and parafoveal vision but no difference would be expected for peripheral vision. Analysis revealed that there was no significant difference between conditions when comparing the modulation thresholds for central and peripheral vision. The findings suggest that modulation thresholds were similar across all four conditions for these eccentricities, though this was expected for peripheral vision. Conversely, as predicted there was a difference in thresholds for parafoveal vision, when comparing the thresholds in the right eye and simulated scotoma condition.

Biography

Rhea Mistry is a psychologist at Chrysalis Associates, a UK-based center specializing in the assessment and treatment of developmental trauma and attachment difficulties. The organization is dedicated to providing dynamic and effective services to its clients.

Guangxia Guo

Beijing Institute of Technology School of Education
China

Help-seeking matters: Exploring the dual effects of stress mindsets on academic behaviors

Abstract:

Due to the increasing academic pressure, it is almost impossible for college students to flourish without seeking any help from others. Yet, how individuals' beliefs about stress impact help-seeking and its outcomes lacks adequate attention. Despite a growing recognition of help-seeking, less is known about whether help-seeking always benefits students under pressure, and how different stress mindsets motivate help-seeking in different ways. We adopt the two-dimensional theory of help-seeking to highlight how stress mindsets influence academic behaviors via help-seeking. A three-wave survey of 488 students in China revealed that: (1) Autonomous help-seeking (AHS) enhances academic engagement and inhibits academic burnout, whereas dependent help-seeking (DHS) exacerbates academic burnout and weakens academic engagement. (2) Stress-is-enhancing mindset (SIEM) drives AHS, and stress-is-debilitating mindset (SIDM) drives DHS. (3) SIEM contributes to academic engagement via AHS, and SIDM contributes to academic burnout via DHS. By examining the distinctive drivers of two-dimensional help-seeking and the differential impact of help-seeking on academic behaviors, our study seeks to build on previous research by using help-seeking to develop a new theoretical model of stress mindsets and academic behaviors, theorizing and testing multiple antecedents and consequences associated with the bright and dark sides of help-seeking. In doing so, our research reveals the paradoxical mediation effects of help-seeking between stress mindsets and academic behaviors, providing a more in-depth depiction of the nature of help-seeking that advances the understanding of the existing literature.

Biography

Guangxia Guo is a Ph.D. candidate in the School of Education at Beijing Institute of Technology, China. Her current research interests are creativity and help-seeking.

Wenya Yang

Beijing Institute of Technology School of Education
China

Unravel a knot: Exploring double edged effects of gratitude mindset on social behaviors

Abstract:

There is bountiful evidence for positive roles of gratitude emotion, yet there is no leading theory in positive psychology that explains why others' kindness induces recipients to exhibit different types of social behavior such as "returning kindness with kindness" (e.g., altruistic behavior) or "biting the hand that feeds one" (e.g., deviant behavior). We propose a new construct of gratitude mindset and explore its paradoxical impact on social behaviors. Study 1 tests the conceptual network of gratitude mindset and its unique predictive power to altruistic and deviant behavior. Study 2 employs an experiment to verify the distinct effect of gratitude mindset on altruistic and deviant behavior. Based on a three-wave survey, Study 3 shows that a gratitude-is-enhancing mindset (GIEM) increases altruistic behavior and reduces deviant behavior via moral imagination, whereas a gratitude-is-inhibiting mindset (GIIM) increases deviant behavior and reduces altruistic behavior via moral disengagement. These results highlight that gratitude mindset is not only a distinct and significant variable in fueling social behaviors but also contributes to theory, practice, and future research.

Biography

Yang Wenya is a Ph.D. candidate in the School of Education at Beijing Institute of Technology, China. Her research explores the theories, methodologies, and applications of positive psychology, with a focus on empirical findings. Her work aims to enhance prosocial behaviors and promote creativity through evidence-based research.

Abdifitah Mohamed

University of Washington
USA

Managing Pregnancy-Associated Spontaneous Coronary Artery Dissection in a Multiparous Woman with Recurrent STEMI

Abstract:

Spontaneous coronary artery dissection (SCAD) is a rare yet significant cause of acute myocardial infarction (AMI), particularly affecting younger women. Pregnancy-associated SCAD (PASCAD) presents with higher acuity and worse outcomes than non-pregnancy-related SCAD, with an in-hospital mortality rate of 48.8%. This case report details the management of a 37-year-old multiparous woman (G12P10) who presented with acute-onset substernal chest pain radiating to her left arm and neck. She was diagnosed with anterior STEMI, and cardiac catheterization revealed SCAD of the left anterior descending (LAD) artery. Initially, no intervention was performed. However, two days later, she developed recurrent chest pain with ST elevations, and repeat angiography showed SCAD of the ostial right coronary artery (RCA) with TIMI 0 flow. A scoring balloon was used to decompress the hematoma and restore flow.

Decision-Making & Management: In postpartum women with acute coronary syndrome (ACS), SCAD should be suspected unless another cause is confirmed. Multiparity increases SCAD risk due to cumulative exposure to hormonal and hemodynamic stresses, which exacerbate degenerative changes in the coronary arteries. PASCAD is more likely to involve left main and proximal artery dissections and present with multivessel disease. The success rate of percutaneous coronary intervention (PCI) in SCAD is relatively low (~50%), making conservative management preferable unless the patient develops ongoing ischemia, hemodynamic instability, or high-risk lesion characteristics (e.g., ostial LAD involvement, left main dissection, or multivessel SCAD).

Conclusion: This case underscores the importance of recognizing SCAD—particularly PASCAD—as a critical cause of STEMI in postpartum women. Prompt diagnosis and appropriate individualized management are essential to optimize outcomes. Long-term follow-up is crucial for monitoring ventricular recovery and recurrence risk.

Biography

Abdifitah Mohamed, MBBS, is an Internal Medicine Resident at the University of Washington, Seattle. He has a keen interest in cardiology, global health, and medical education with a focus on reducing disparities in cardiovascular disease management. Dr. Mohamed has actively contributed to research on echocardiographic screening, heart failure interventions, and cardiac imaging innovations. He has presented at multiple national conferences and is dedicated to advancing cardiovascular care for underserved populations.

Faezeh Borhani

Tarbiat Modares University
Iran

Fine particles (PM2.5) Pollution in Tehran, Iran: A Significant Risk Factor for Cardiovascular Mortality

Abstract:

Tehran, the most populous city and capital of Iran, has been grappling with significant air pollution challenges for several years. Annually, approximately 4,000 premature deaths in Tehran are attributed to ambient PM2.5 pollution, which remains the predominant pollutant in the city's atmosphere from November to mid-February. Notably, 24% of all-cause mortality among individuals over 25 years of age in Iran is linked to PM2.5 exposure, which plays a substantial role in fatalities resulting from ischemic heart disease (IHD) and stroke. Long-term exposure to PM2.5 is correlated with an increased incidence of cardiovascular disease (CVD). Specifically, a 10 $\mu g/m^2$ rise in PM2.5 concentration is associated with a 3% increase in CVD incidence. Vulnerable populations, including older adults, smokers, and individuals with pre-existing conditions such as hypertension and diabetes, are particularly susceptible to the detrimental effects of PM2.5. The World Health Organization (WHO) estimates that approximately 8.9 million deaths globally are attributable to outdoor air pollution resulting from PM2.5 exposure, with Iran contributing around 75,000 fatalities annually due to such pollution. Key anthropogenic sources of air pollution include industrial and manufacturing facilities, the operation of kilns, emissions from the combustion of agricultural residues and vehicles, as well as the use of substandard fuels and diesel. Furthermore, the meteorological conditions and geographical location of Tehran have exacerbated the pollution levels in the city. Evidence underscores the critical necessity for enhanced air quality management in Tehran to mitigate the health risks linked to PM2.5 pollution. Implementing strategies to lower particulate matter concentrations could substantially alleviate the incidence of cardiovascular disease and associated mortality within the city

Biography

This is Faezeh Borhani, she received her M.Sc., Ph.D. and Postdoctoral degrees in Civil and Environmental Engineering from the University of Tehran (UT), Tehran, Iran, in 2017 and 2024, respectively. Currently, she serves as an Assistant Professor at the Faculty of Civil and Environmental Engineering, at Tarbiat Modares University (TMU). She has been serving as the Associate Editor of the International Journal of Environment, Development and Sustainability of Springer Nature since 2021. She has published more than 50 papers in reputed journals and conferences. Additionally, she so far has served as a reviewer for more than 20 journals of Springer and Elsevier publications. Faezeh Borhani has been an active participant in the International Conference on Environmental Pollution and Public Health (EPPH) in China. She was a keynote speaker and a member of the Technical Program Committee (TPC) in the 2022 and 2023 years of the conference. Her research interests include climate change, environmental concerns, short-lived climate pollutants and governance policy design.

Sachin Sharma

David Geffen School of Medicine
United States

Cardiac projecting NPY2r expressing neurons in stellate ganglia remodel myocardium in cardiac injury-related settings

Abstract:

Sympathetic regulatory aspects of cardiac functions are imbedded in the neural circuits of postganglionic sympathetic neurons residing in the stellate ganglia. Postganglionic neuronal subtypes innervating myocardium regulate cardiac functions and remodel myocardium during cardiac pathology. In our previous study, leveraged by viral tracing and scRNAseq revealed cardiac-innervating neuronal subtypes, NA1a enriched in Neuropeptide-Y (NPY) and NA1b is enriched in NPY2r receptor. Therefore, we hypothesized that NPY via NPY2r receptor might interplay a mechanistic role in myocardial remodeling during cardiac-injury related settings. We used C57BL/6J, Npy-ires-Cre, Npy2r-ires-Cre, and Ai32 strains. For chemogenetic experiments, C57BL/6J were injected with plasmids pAAV-hSyn-DIO-mCherry, pAAV-hSyn-hM3D(Gq)-mCherry, and pAAV-hSyn-hM4D(Gi)-mCherry in stellate ganglia. For optogenetic stimulations, Npy+/- and Npy2r+/- mice were crossed with Ai32ChR2(H134R)/EYFP/- and, 8-10 weeks old male were utilized. An optical fiber connected to optic engine was positioned for focal illumination of craniomedial right stellate ganglion stimulation. An electrocardiogram amplified with a differential amplifier was continuously acquired using PowerLab8/35. Heart rate was pumped-up for hM3D(Gq)-mCherry injected (103.53±14.64 bpm, n=3) and were delinquent in hM4D(Gi)-mCherry injected (~76 bpm) in C57BL/6J mice post-CNO (1.0mg/kg body weight) administration compared to either injected saline (0.9%W/V) or inoculated control plasmid pAAV-hSyn-DIO-mCherry in mice and administered either CNO (1.0mg/kg) or saline (0.9%W/V). Npy2r/ ChR2(H134R)/EYFP/- mice showed the highest change in heart rate (79.265±13.46 bpm, n=6) vs. controls (08.89±4.56 bpm, n=4) at 10 Hz stimulation frequency. Our results indicate that Npy2r (Npy-receptors) expressed in NA1b subtypes along with NA1a modulate cardiac sympathoexcitation showing implications being novel targets alone or in combination for sympathetic blockade in cardiac disease.

Biography

Sachin Sharma has completed his PhD in cell and molecular biology under the supervision of Professor Israel Hanukoglu and, postdoctoral training at UCLA cardiac arrhythmia center and UCLA neurocardiology center for excellence, David Geffen School of Medicine, University of California Los Angeles, USA. He is currently working as an Assistant Professor of Biotechnology at Graphic Era University, Dehradun. He is currently a member of American Heart Association, Heart Rhythm Society, and editorial team-member of Clinical Neuroscience and Neurosurgery journal.

SUPPORTING JOURNALS

Mental Health and Behavioural Science

https://scitechjournals.com/mental-health-and-behavioural-science

Cardiovascular Diseases and Therapeutics

https://scitechjournals.com/cardiovascular-diseases-and-therapeutics

LIST OF JOURNALS

Journal of Family Medicine and Clinical Research

Journal of Aesthetic Surgery and Medicine

Journal of Physics Optics and Photonics Sciences

Immunology Research and Immunotherapy

Cardiovascular Diseases and Therapeutics

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Journal of Neonatology and Pediatric Care

Journal of Pulmonary and Respiratory Diseases

Journal of Alternative Medicine and Therapies

Journal of Nanotechnology and Nanobiotechnology

Journal of Oral Diseases and Treatment

Journal of Skin Health and Cosmetics

Journal of Anesthesia and Pain Management

Journal of Nutrition and Diet Management

Journal of Pharmacology and Drug Delivery

Journal of Chemistry and Analytical Biochemistry

Journal of Neuroimaging and Neuromedicine

Journal of Healthcare and Advanced Nursing

Journal of Environmental Toxicology Research

Journal of Global Entrepreneurial Management

MEDIA PARTNERS

UPCOMING CONFERENCES

AUGUST - CONFERENCES

2ND WORLD CONGRESS ON
ORGANIC CHEMISTRY
AUGUST 04-05, 2025 | BOSTON, USA

2ND INTERNATIONAL CONGRESS ON
OPHTHALMOLOGY & VISION SCIENCE
AUGUST 04-05, 2025 | LONDON, UK

2ND INTERNATIONAL CONFERENCE ON
GLOBAL ENTREPRENEURSHIP SUMMIT
AUGUST 19-20, 2025 | TORONTO, CANADA

2ND INTERNATIONAL CONGRESS ON
ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING
AUGUST 19-20, 2025 | TORONTO, CANADA

2025

SEPTEMBER - CONFERENCES

2ND INTERNATIONAL CONFERENCE ON
ORTHODONTICS AND DENTAL MEDICINE
SEPTEMBER 02-03, 2025 | PHILADELPHIA, USA

3RD INTERNATIONAL CONGRESS ON
SURGERY AND ANESTHESIA
SEPTEMBER 02-03, 2025 | PHILADELPHIA, USA

4TH INTERNATIONAL CONFERENCE ON
PRIMARY HEALTH CARE
SEPTEMBER 15-16, 2025 | ROME, ITALY

2ND EURO
NURSING CONGRESS
SEPTEMBER 15-16, 2025 | ROME, ITALY

2ND INTERNATIONAL CONFERENCE ON
OBESITY AND WEIGHT MANAGEMENT
SEPTEMBER 19-20, 2025 | ROME, ITALY

2ND INTERNATIONAL CONFERENCE ON
FOOD SCIENCE AND TECHNOLOGY
SEPTEMBER 19-20, 2025 | ROME, ITALY

2025

OCTOBER - CONFERENCES

2ND WORLD CONGRESS ON
PHARMACEUTICAL CHEMISTRY AND DRUG DEVELOPMENT
OCTOBER 09-10, 2025 | PHILADELPHIA, USA

3RD INTERNATIONAL CONGRESS ON
INNOVATIONS AND ADVANCES IN CANCER RESEARCH AND TREATMENT
OCTOBER 09-10, 2025 | PHILADELPHIA, USA

2ND WORLD CONGRESS ON
COPD AND PULMONARY DISEASES
OCTOBER 09-10, 2025 | PHILADELPHIA, USA

2ND INTERNATIONAL CONFERENCE ON
OPTICS AND LASER TECHNOLOGY
OCTOBER 22-23, 2025 | OSAKA, JAPAN

2025

NOVEMBER - CONFERENCES

2ND WORLD CONGRESS ON
NANOTECHNOLOGY
NOVEMBER 06-07, 2025 | LONDON, UK

3RD INTERNATIONAL CONFERENCE ON
NEUROLOGY & NEUROLOGICAL DISORDERS
NOVEMBER 06-07, 2025 | LONDON, UK

INTERNATIONAL CONFERENCE ON
VACCINES & IMMUNIZATION
NOVEMBER 06-07, 2025 | LONDON, UK

2ND INTERNATIONAL CONGRESS ON
DEMENTIA AND BRAIN DISORDERS
NOVEMBER 06-07, 2025 | LONDON, UK

2ND GLOBAL EVENT ON
MATERIALS SCIENCE AND ENGINEERING
NOVEMBER 06-07, 2025 | LONDON, UK

4TH INTERNATIONAL CONFERENCE ON
GYNECOLOGY AND OBSTETRICS
NOVEMBER 27-28, 2025 | PHILADELPHIA, USA

3RD INTERNATIONAL CONFERENCE ON
PEDIATRICS & NEONATOLOGY
NOVEMBER 27-28, 2025 | PHILADELPHIA, USA

2025

FEBRUARY - CONFERENCES

INTERNATIONAL CONFERENCE ON
FINANCE, BUSINESS AND STOCK MARKET
FEBRUARY 10-11, 2026 | TORONTO, CANADA

2026

MARCH - CONFERENCES

INTERNATIONAL CONFERENCE ON
HEALTHCARE AND ADVANCED NURSING
MARCH 26-27, 2026 | OSAKA, JAPAN

2026

APRIL - CONFERENCES

3RD INTERNATIONAL CONFERENCE ON
DERMATOLOGY & SKINCARE
APRIL 16-17, 2026 CHICAGO, USA

2026

MAY - CONFERENCES

3RD EUROPEAN CONFERENCE ON
DENTISTRY AND ORAL HEALTH
MAY 20-21, 2026 | BARCELONA, SPAIN

3RD GLOBAL SUMMIT ON
NURSING AND MIDWIFERY
MAY 20-21, 2026 | BARCELONA, SPAIN

2026

NOVEMBER - CONFERENCES

WORLD CONGRESS ON

CLINICAL AND EXPERIMENTAL DERMATOLOGY

2026

NOVEMBER 05-06, 2026 | DUBAI, UAE

3rd World Congress on

Physical Medicine and Rehabilitation

March 26-27, 2026 | Osaka, Japan

https://www.scitechseries.com/physical-medicine

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3rd International Congress on

Psychology & Behavioral Sciences

March 26-27, 2026 | Osaka, Japan

https://www.scitechseries.com/psychology

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